



SilverSneakers

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		** = Tanya's Senior Fit: Members: \$2 Non-Members: \$3	1 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12 Circuit w/ Renee	2 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	3 9 - 9:45 Classic w/ JoAnn 11 - 11:45 Splash w/ Judi	4
5	6 8:00 - 9:00 Sr. Yoga w/JoAnn 10:15 - 11 Yoga w/ Renee 11:15-12 Yoga w/ JoAnn 12:00 - 12:45am Splash w/ Judi	7 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**	8 9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12 Circuit w/ Renee	9 9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**	10 9 - 9:45 Classic w/ JoAnn 11 - 11:45 Splash w/ Judi	11
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